Bachelor of Nutrition (BACH_NUTR)

1. About the Bachelor of Nutrition

Designed to equip graduates for a range of careers in nutrition, the Bachelor of Nutrition course at Torrens has an applied focus with subject content reflecting both the individual, community and population context.

From anatomy, physiology and biochemistry to nutritional policy, diet and disease, the Bachelor of Nutrition provides a comprehensive exploration of health science and human nutrition that provides graduates with workplace-relevant knowledge and skills vital for making a positive contribution to the health of individuals and for society.

The course will enable you to understand the nutritional needs of communities and populations, critically analyse and develop health programs that address individual and population level nutrition issues, and understand the nutritional needs of the human body both in good health and in disease.

The Public health elective stream complements the health science and nutrition core by expanding graduates' capacity in health promotion and disease prevention. Whether you are interested in playing a part in a non-government organisation, a national health care system, or your local council or community, you could be part of the growing global demand for high quality graduates in public health.

Graduate employment opportunities

- Nutritionist
- Public Health Nutritionist
- Public Health and Health Promotion Officer
- Community Development Officer
- Quality and Nutrition Coordinator

Torrens University Australia Ltd, ABN 99 154 937 005, RTO 41343, CRICOS 03389E.
Information provided in this document is current at the time of publishing (March 2021).

Course Overview

Course Title	**Bachelor of Nutrition**		
Study Options – Domestic Australian students	Full-time Part-time Dynamic Online Study	**Study Options – International students**	This course is not available to international students requiring a visa to study in Australia
Start Dates	February, June, September For specific dates visit: https://www.torrens.edu.au/apply-online/key-dates	**Course Length**	Full-time: 3 year Part-time: 6 years (approximately)
Payment Options - Domestic Australian students	**Upfront payment** This means tuition fees will be invoiced each semester and payment is required on or before the due date. **FEE-HELP** FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold. Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.	**Payment Options – International students**	**Upfront payment** This means tuition fees will be invoiced each semester and payment is required on or before the due date.
Course study requirements	Each subject involves 7 hours of study per week, comprising 3 hours of facilitated study and 7 hours self-directed study.	**Assessment**	Each subject you complete includes 3 assessments on average. Assessments are mapped to specific subject learning outcomes and may include quizzes, written assignments, presentation, reflective journal, case analysis, literature review and practical exam.
Locations	Online	**Delivered by**	Torrens University Australia
Provider	Torrens University Australia Ltd is registered as a self-accrediting Australian university by the Tertiary	**CRICOS Course Code**	Not applicable

	Education Quality and Standards Agency (TEQSA).		
Provider obligations	Torrens University is responsible for all aspects of the student experience, including the quality of course delivery, in compliance with the *Higher Education Standards 2015*	**Accrediting body**	Torrens University Australia Limited ABN 99 154 937 005, CRICOS Provider Code: 03389E. RTO No. 41343
Course Fees	For details, refer to the website.	**Any other fees**	For details, refer to the website.

2. Essential requirements for admission

The general admission criteria that apply to Torrens University Australia courses can be located by visiting the Torrens University Australia website - https://www.torrens.edu.au/general-admission-information-for-torrens-university-australia-ltd.

3. Student Profile

The table below gives an indication of the likely peer cohort for new students in this course. It provides data on students who commenced in this course in the most relevant recent intake period, including those admitted through all offer rounds and international students studying in Australia.

Applicant background	Trimester one / Full year intake [2020]	
	Number of students	Percentage of all students
(A) Higher education study (includes a bridging or enabling course)	23	52%
(B) Vocational education and training (VET) study	8	18%
(C) Work and life experience (Admitted on the basis of previous achievement not in the other three categories)	12	27%

(D) Recent secondary education: • Admitted solely on the basis of ATAR (regardless of whether this includes the consideration of adjustment factors such as equity or subject bonus points) • Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, extra test, early offer conditional on minimum ATAR) • Admitted on the basis of other criteria only and ATAR was ***not*** a factor (e.g. special consideration, audition alone, schools recommendation scheme with no minimum ATAR requirement)	0 0 <5	0% 0% N/P
International students	0	-
All students	***44***	***100%***

Notes: "<5" – the number of students is less than 5.
N/A – Students not accepted in this category.
N/P – Not published: the number is hidden to prevent calculation of numbers in cells with less than 5 students.

4. Admission Criteria

Title of course of study	Bachelor of Nutrition
Applicants with higher education study	• A completed higher education qualification at AQF level 5 (diploma) or above, or equivalent, from an Australian University or another accredited higher education provider OR • Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 6 (Associate Degree) or above, or equivalent, from an Australian University or another accredited higher education provider
Applicants with vocational education and training (VET) study	• A completed vocational education qualification at AQF level 4 (Certificate IV) or above, or equivalent, from a registered training organisation (RTO) OR • Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 5 (Diploma) or above, or equivalent, at a registered training organisation (RTO)
Applicants with work and life experience	Demonstrated ability to undertake study at the required level: • broadly relevant work experience (documented e.g. CV), demonstrating a reasonable prospect of success; OR • formal, informal or non-formal study, completed or partially completed, demonstrating a reasonable prospect of success; OR • written submission to demonstrate reasonable prospect of success.
English Language Proficiency (applicable to international students, and in addition to academic or special entry requirements noted above)	**International Students** Equivalent IELTS 6.0 (Academic) with no skills band less than 5.5
Applicants with recent secondary education (within the past two years) with ATAR or equivalent*	Year 12 or equivalent

Title of course of study	Bachelor of Nutrition
(for applicants who will be selected wholly or partly on the basis of ATAR)	

**ATAR profile for those offered places wholly or partly on the basis of ATAR in T1 2020:*

(ATAR-based offers only, **across all offer rounds)**	**ATAR (OP in QLD)** (Excluding adjustment factors) *
Highest rank to receive an offer	<5
Median rank to receive an offer	<5
Lowest rank to receive an offer	<5

*Notes: * "<5" – indicates less than 5 ATAR-based offers were made*

Other admission options

(For applicants who will be selected on a basis other than ATAR)

Special Entry	Applicants in any category whose study, work or life experiences have been impacted by disability, illness or family disruption will be given special consideration for admission. Each application will be considered on its merit, based on the evidence supplied by the applicant attesting to the circumstances of the applicant. Applicants for special entry may need to complete written or numerical tasks to assist with assessing eligibility for admission.

5. How to apply

Via direct application to the institution

- https://apply.torrens.edu.au/b2b/fcta/

6. Advanced standing/academic credit/recognition of prior learning (RPL)

You may be entitled to credit for prior learning, whether formal or informal. Formal learning can include previous study in higher education, vocational education, or adult and community education. Informal learning can include on the job learning or various kinds of work and life experience. Credit can reduce the amount of study needed to complete a degree.

Applicants admitted based on prior higher education study may be eligible for Advanced Standing in the form of credit and/or recognition of prior learning (RPL) under the Torrens University Australia Credit Policy - (https://www.torrens.edu.au/policies-and-forms).

- Students with completed subjects may be eligible for specified credit and/or elective exemptions

- Students who have completed a qualification at AQF level 5 (diploma) or above may be eligible for block credit (where a block credit agreement exists)
- Students with a mix of formal study and informal and/or non-formal learning may be eligible for recognition of prior learning in addition to any credit approved.

Credit will not be applied automatically. Applicants must apply for credit and/or RPL as early as possible prior to each study period, with applications not accepted after week 2.

For further information about credit and recognition of prior learning, please see:
https://www.torrens.edu.au/apply-online/course-credits

7. Where to get further information

- Torrens University Australia (TUA) Website
  - https://www.torrens.edu.au/
- Universities Admissions Centre (UAC) Website.
  UACs manage the usual process of student university applications and the study offer rounds on behalf of the particular universities that they cover. All TACs are independent of each other, so depending on which state or the number of universities you want to submit an application to, you may need to apply through multiple TACs.
  - https://www.uac.edu.au/

Quality Indicators for Learning and Teaching (QILT) Website.
With QILT, you can do side by side comparisons of the quality of the higher education institutions and the study areas that you're interested in.
  - https://www.qilt.edu.au/

8. Additional Information

Course Structure

The Bachelor of Nutrition course is comprised of 24 subjects with a combined total of 240 credit points. A normal full time student load would be 80 credits each year for three years. Part – time students could complete their 240 credit points in approximately six years.

The Course Structure can be viewed or download via the Student Hub, Course Webpage
https://studenthub.torrens.edu.au/Hub

Course Rules

This course comprises of 24 core subjects. There are no elective subjects. Each subject has a value of 10 credit points. To satisfy the course requirements, you must have complete 240 credit points. The subjects are specified in the Course Structure document and are listed below.

Subjects

Subject Descriptions
BFD105 Biological Foundations Biological Foundations explores the biological building blocks which make up the human body from the chemical level up to the cellular level. These essential chemistry concepts will assist with building relevant links to the study of human physiology in later subjects. The subject then explores the foundational studies in biochemistry which includes the structure and function of carbohydrates, proteins, enzymes, lipids, DNA and RNA. The concepts of gene expression and regulation are discussed in addition to the cellular membrane structure and transport through the membrane. The study of the biology of the human cell concludes this subject and upon completion equips students to commence study at the tissue level of structure and physiology subjects.
NUTR2001 Human Nutrition 1 Human Nutrition 1 (NUTR2001) provides a detailed and in-depth study of the macronutrients, protein, carbohydrates and lipids, as well as the water soluble vitamins and how these relate to human metabolism. Each individual macronutrient and water soluble vitamin is studied in regards to their composition, biological function, dietary sources, recommended daily intake, factors contributing to excess states, and states of insufficiency and deficiency; and signs and symptoms associated with nutrient imbalances found in individuals and populations. Students will investigate how the management of these nutrients contribute to the public health agenda.
NUTR2003 Nutrition & Society Gain an understanding of the sociology of food, nutrition and health. Students will explore the relationships between human behaviour and dietary intake from a public health perspective. Students will be engaged in community-based research, to identify a public health issue which is prevalent in their community society.
HSP101 Human Structure & Physiology 1 Human Structure & Physiology 1 introduces the basic concepts and terminologies required to study and understand the structure and function of the human body. This subject will build on the biological foundations by exploring the interaction and organisation of cells, tissues and organs which forms a basis to study the physiological integration of key body systems. The maintenance and regulation of the internal environment by homeostasis at a system level will be key to students understanding disruption and disease in later subjects. Key physiological and functional processes such as movement, metabolism, oxygenation and protection will be discussed, with body systems including the integumentary, musculoskeletal, respiratory and cardiovascular system the focus of this subject. This subject will provide the first part of an evidence based foundational knowledge of human physiology to guide health practice.

EBP107 Evidence-based Practice

Evidence-based practice is an essential component of the exercise of clinical judgement in the delivery of quality healthcare. Students will also gain an understanding of how research evidence is translated into practice. This subject provides students with an introduction to health informatics, research and digital literacy, critical thinking and evidence-based practice. Students are guided through the skills necessary to locate, critique and interpret a research article for application to their practice. They will become familiar with quantitative and qualitative evidence, research methodology, basic descriptive and inferential statistics and the foundational skills to be able to evaluate and appraise evidence in healthcare research.

NUTR2002 Human Nutrition 2

Human Nutrition 2 (NUTR2002) provides a detailed and in-depth study of the micronutrients and how these relate to human metabolism. This subject provides students with underpinning knowledge about the correlation that exists between micronutrients and human physiology. Each micronutrient's structure, biological function, dietary sources, recommended daily intake and therapeutic dose is studied. This subject also covers the factors contributing to, and symptoms associated with, states of excess, insufficiency and deficiency found in individuals and populations. The role of nutrition and lifestyle factors in the development of chronic disease is examined. Furthermore, students will be introduced to the concepts of genetically engineered food. They will discover how food-borne illnesses can be prevented and identify environmental contaminants in the food supply. This subject also explores the current scientific literature, enabling students to determine the appropriate use of dietary supplementation.

HSP102 Human Structure & Physiology 2

Human Structure & Physiology 2 will further develop knowledge of the structure and physiology of the human body with special attention given to the integration of human systems and beginning to explore the impact of disturbances in Homeostasis and disruption of normal function. The structure and function of the lymphatic, immune, digestive, nervous, endocrine, urinary, reproductive systems and the special senses are covered in detail including the homoeostatic control mechanisms of each system and the integration of the systems in the body. This subject builds on the knowledge and understandings of human structure and physiology, provides the foundation to look at disease, disorders and syndromes and their pathophysiology, in later subjects.

NUTR2005 Lifespan Nutrition

Lifespan Nutrition (NUTR2005) examines the range of nutritional requirements that impact populations, communities and individuals at particular life stages including pre-conception, pregnancy, during lactation, early childhood, adolescence, adulthood and ageing populations, as well as the specific issues affecting Indigenous communities, sports people and other at risk populations. This subject provides an overview of dietary patterns and eating habits by age group and dietary recommendations for optimal nutrition to maintain wellbeing at each life stage.

HBC205 Human Biochemistry

Human Biochemistry explains the processes of macromolecule metabolism, energy production and storage in the body. Included in this subject are the metabolism of carbohydrates, lipids and amino acids; the role of ATP and acetyl CoA in metabolism; oxidative phosphorylation, the electron transport chain, biosignaling and chemical communication. The concept of gene expression and regulation is also explored. Human Biochemistry provides healthcare practitioners a vital foundation on the basic macromolecules and genetic understandings essential for life. This knowledge will be built upon and expanded further in later subjects.

NUTR2004 Food Science, Systems and Policy

Food Science, Systems and Policy (NUTR2004) examines the way in which food is produced, processed and distributed in Australia and globally. It provides students with an understanding of current practices and trends in primary production and food manufacturing and distribution. It also examines the laws governing food for sale and the politics of the food system and how these impact on public health initiatives as they relate to food security, sustainability and food deserts.

This subject has compulsory attendance requirements and an option of participation in 20 hours of Voluntary Work Experience in a health-related business.

FA203 Food as Medicine

Food as Medicine (FAM203) introduces students to the concept that food can be used as a form of medicine to promote health and wellbeing and treat and prevent disease. This subject provides an overview of farming practices, food preparation, cooking and storage methods, as well as food manufacturing and processing techniques and their impacts on the nutritional value of foods. Students will investigate nutritional food-based science including the health effects of food additives, food safety and phytochemical toxicity. An in depth study of food evolution, historical, cultural and modern uses of food as medicine and the medicinal properties of food is also examined. The benefits and disadvantages of new dietary models are also explored. Students will explore the potential therapeutic function of food, the relationship of phytochemical constituents and disease, and their physiological effects on humans. Students will learn how to apply evidence based nutrition knowledge to illustrate the use of food as a therapeutic tool and provide food-based recommendations in health and disease.

SCIE2006 Nutritional Biochemistry & Human Metabolism

Nutritional Biochemistry & Human Metabolism (SCIE2006) builds on concepts developed in human biochemistry and the foundations of nutritional science. The biochemical structure and function of macro and micronutrients and biochemical mechanisms associated with digestion, absorption, transport and storage are examined. The integration of biochemical mechanisms of nutrients with disease pathophysiology is explored. This subject also provides an in depth understanding of the microbiome, biological oxidation, inflammation, antioxidants, liver detoxification and neurotransmitter synthesis. Students will learn about nutritional genomics and epigenetics and how they relate to professional practice. The clinical relevance and importance of nutritional biochemistry for the nutritional management of major diseases is also emphasised.

PUBH2000 Foundations of Public Health

Within this introductory course, students learn the principles and practice of public health and improving the health of populations. Students learn how public health is defined, the origins of public health and its evolution as a discipline. Students learn the key principles of the ''new public health'', public health practice, the functions of public health, the role of government in improving the health and wellbeing of citizens, and public health service models, including comprehensive primary health care. They consider different understandings of health and illness, including professional, lay and Australian Indigenous definitions. They are introduced to key concepts in public health, including a human rights approach to health, an ecological perspective and the social determinants of health.

HSP201 Human Systems & Pathophysiology 1

Human Systems & Pathophysiology 1 is the first of two subjects that builds upon the foundational studies in Human Structure & Physiology and then expands student's skills and knowledge into the area of pathophysiology and human disease process. Understanding the pathogenic process and the disruption of homeostasis in relation to disease will be important concepts, in the context of individual, community and population health.

This subject will cover:

- Basic pathological processes in response to injury and growth abnormalities.
- Immunology, toxicology, microbiology, and their characteristic diseases.
- Pathophysiology, symptomatology and clinical manifestations for diseases of the gastrointestinal, neurological and cardiovascular systems.
- Introduction to commonly used laboratory tests and interpretation of findings.

HSP202 Human Systems & Pathophysiology 2

Human Systems & Pathophysiology 2 builds upon the concepts explored in Human Systems & Pathophysiology 1 and continues to expand student's skills and knowledge in pathophysiology and the human disease process, in relation to individual, community and public health. The pathophysiology and symptomatology will be covered for various disease states of the musculoskeletal, integumentary, hematologic, pulmonary, endocrine, renal and reproductive systems. Conditions specific to gerontology and aging will also be considered.

General diagnostic approaches will be introduced and the commonly used laboratory tests and interpretation of such findings for the associated disorders and conditions will continue to be developed.

PUBH2101 Health Surveillance and Epidemiology

This course introduces students to population health patterns, epidemiology, social determinants of health, and health systems and political policies in a manner that allows them to ask questions of data, ethical issues with data, draw out points of significance, and present data in different ways to different audiences. An inquiry based approach to learning underpins this course.

PUBH2103 Health Promotion and Advocacy

This course challenges students to make an impact and introduces students to being change agents, teaching them how to recognise health needs in a community and equipping them with the skills they need to communicate to a wide variety of audiences, preparing them to engage with communities to promote health and engage in health advocacy with intersectoral stakeholders and influencers. Special populations and social determinants of health focus strongly in this course, and students consider how to engage with different communities, and the formation of partnerships with other sectors.

NUTR2006 Diet & Disease

In this subject students will explore the relationship between diet and nutrition. With a focus on major non-communicable diseases and vulnerable populations, students will explore nutrition related disease states and the role of nutritional interventions from a population and community perspective and how these impact on disease in society, and policy. Major non-communicable health conditions including obesity, cancer, diabetes and cardiovascular disease will be explored.

PUBH2102 Disease Prevention and Control

Further developing students' understanding and manipulation of epidemiological data sets, this course focuses on modifiable risk factors and behaviour, taking a case based approach to learning, exploring current and past public health issues, evaluating different approaches to their control and prevention.

NUTR2007 Public Health Nutrition

This subject introduces the essential components of public health nutrition, exploring policies, priorities, programs and practice which assist in health promotion and disease prevention through nutritional interventions in communities and populations. Students will build on the skills and knowledge to appraise political, environmental, social and economic influences on public health nutrition goals and practice. Students will identify and evaluate the major local and global public health nutrition issues affecting societies today, and be able to apply policy, practical theory and models, and frameworks for the development of programs and interventions to improve population health though nutrition. Students will develop the know-how to assess the nutritional needs of populations, and the ability to plan, implement and evaluate public health nutrition initiatives to positively affect health.

PUBH2104 Health Policy, Planning and Management This course draws together the strands of data analysis from the other courses thus far and puts them within a policy and management context. Students need to put together an operational plan for a public health intervention, justified with a strong evidence base to secure buy-in and budget commitment. Students also develop their systems thinking skills in this course as they start to analyse how one change in the system has a knock on effect, planning which elements of the system to address, when and how. Students will learn about the Australian healthcare system and legislative and policy frameworks and standards.
PUBH2105 Health Protection and Environmental Health Focusing on environmental influences on health, this course introduces students to the role of environmental risk factors and determinants of disease in illness and injury. Students will understand the regulatory influences on environmental risk factors and environmental influences on health, analyse risk factors and identify vulnerable populations, and strategise interventions using real-world scenarios.
NUTR2008 Special Populations Project This course allows students to undertake a piece of research within a special population of their choice, focusing on an issue, which is allied to or impacted by nutrition. This unit is the equivalent to a capstone unit, drawing together the learning of the core public health curriculum with the nutrition specialism to allow students to apply all their learning and skills to a project of their choice, generating an outcome they can evidence in pursuit of the preferred career choice.
PUBH2007 Public Health Program Development, Implementation and Evaluation Relevant, accessible, effective and equitable health programs that consistently deliver high quality outcomes are the cornerstone of public health service delivery. Public health program development and implementation skills covered in this course include needs assessment, setting health priorities, development of program objectives, conducting a risk analysis and consulting with relevant stakeholders and developing options, monitoring implementation, financial management and working to deadlines. The course also provides an introduction to evaluating public health programs, including formative, process, outcome, and impact evaluations. Students in this course will be required to conduct a needs assessment and prioritise findings, and develop an evaluation plan.

Locations

The Bachelor of Nutrition is studied online however, there are campuses at:

- Queensland (Brisbane)
- New South Wales (Sydney)
- Victoria (Melbourne)
- South Australia (Adelaide)

Campus Facilities and Services

All campuses are designed to provide students with professional spaces in which to learn and work. They have been planned with student study needs in mind with well-equipped accessible learning spaces as well as student breakout areas for group work and spending time with friends.

Facilities and Services include:

- ✓ The Customer Service Hub – our friendly and experienced staff can give help and advice about courses, your enrolment and campus life, including all services and activities on campus.
- ✓ Counsellors are available for students to consult with on a range of personal issues
- ✓ Student wireless access throughout the Campus
- ✓ Student break-out and relaxed study spaces for group work
- ✓ Student lounge areas – most with microwaves, fridge and kitchenette facilities
- ✓ The Learning Hub, home to the Learning Support Team, encompasses Learning Skills Advisors, Learning Technology Advisors, and Library & Learning Skills Officers. It provides an integrated, holistic support program for students throughout the study lifecycle within a library/collaborative study environment.

- ✓ Support and workshops with highly qualified staff in the areas of Academic skills, Library skills, and Technology skills, both on campus and online.
- ✓ Physical and digital resources relevant to studies, such as books, journals, multimedia, databases
- ✓ Self-check kiosks for library loans and print and copy facilities

A positive student experience

Torrens University Australia values the importance of a positive student experience, and therefore has robust processes to resolve student complaints. The Student Complaints Policy, and associated procedures, can be accessed from the website (https://www.torrens.edu.au/policies-and-forms).

Paying for your qualification

We offer two payment options for this course:

- **Upfront payment**
  If you want to complete your qualification debt-free you can choose to pay as you go. This means tuition fees will be invoiced each semester and payment is required on or before the due date using EFTPOS, credit card or direct transfer.
- **FEE-HELP**
  FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold ($45, 881 in 2019-20). Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.

  Further information about FEE-HELP, including eligibility, is available at:
  - FEE-HELP website:

http://studyassist.gov.au/sites/studyassist/helppayingmyfees/fee-help/pages/fee-help-

- FEE-HELP booklets: https://www.studyassist.gov.au/need-more-information/help-publications

Austudy and Abstudy

Students enrolled in this course may be eligible for government assistance, such as Austudy or Abstudy.